

UNIFIRST CORP
Form 4
November 05, 2014

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Evans Donald J

2. Issuer Name and Ticker or Trading Symbol
UNIFIRST CORP [UNF]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
68 JONSPIN ROAD
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/04/2014

Director 10% Owner
 Officer (give title below) Other (specify below)

WILMINGTON, MA 01887

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	11/04/2014		M		2,500 A \$ 56.16	9,617	D
Common Stock	11/04/2014		D		1,268 D \$ 110.78	8,349	D
Common Stock	11/04/2014		M		1,724 A \$ 61.88	10,073	D
Common Stock	11/04/2014		D		963 D \$ 110.78	9,110	D
Common Stock	11/04/2014		M		1,314 A \$ 81.83	10,424	D
	11/04/2014		D		971 D	9,453	D

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Common Stock \$ 110.78

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Stock Appreciation Right	\$ 56.16	11/04/2014		M	2,500	01/14/2011 01/14/2019	Common Stock (\$0.10 par value) 2,500
Stock Appreciation Right	\$ 61.88	11/04/2014		M	1,724	01/13/2012 01/13/2020	Common Stock (\$0.10 par value) 1,724
Stock Appreciation Right	\$ 81.83	11/04/2014		M	1,314	01/11/2013 01/11/2021	Common Stock (\$0.10 par value) 1,314

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Evans Donald J 68 JONSPIN ROAD WILMINGTON, MA 01887		X		

Signatures

/s/ David Whitman,
Attorney-in-Fact

11/05/2014

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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